



Nutrition for Life Syllabus



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Welcome to Nutrition for Life! This is the first step in your nutrition journey. In this course, you'll learn how to eat to support a vibrant, healthful life.

Nutrition for Life will introduce you to a new perspective on eating – one that is based on your goals, speaks to your unique requirements, and shows that you have the power to create an eating approach that allows you to thrive. You'll gain a deeper understanding of nutrition, but you'll also learn about yourself as you work to transform your health, both in this course and beyond.

The course will provide the tools and information that will help you support your needs in a holistic way. During the course, you'll learn to transform how you think about food, feel confident navigating nutrition foundations, and identify an eating approach that works best for you.



INSTRUCTORS

Nutrition for Life's visiting faculty includes world-renowned thought leaders in the fields of nutrition, integrative and functional medicine, and health. You'll hear from Will Cole, IFMCP, DNM, DC; Maya Feller, MS, RD, CDN; David Ludwig, MD, PhD; Andrea Beaman; Deanna Minich, PhD; Tiffany Lester, MD; Max Lugavere; Kevin Curry; Joan Borysenko, PhD; Libby Weaver, PhD; and Drew Ramsey, MD.

You'll also hear from two of IIN's resident coaching guides who serve as instructors throughout the course: Tara Ryan, NBC-HWC, and Dana McNaught, CNS, CDN.

COMPLETING THE COURSE

The Nutrition for Life course requires that you complete the test (with a score of 70% or higher). Upon course completion, you'll receive a downloadable Nutrition for Life Certificate.



Module Overviews

The course contains six content modules, each with a variety of lectures, handouts, and interactive tools to support your learning journey. At the end of each module, you'll have a knowledge check and an opportunity to apply what you've learned using the Nutrition for Life Journal.

Please note that we reserve the right to modify the contents of this course.

ORIENTATION

Welcome to Nutrition for Life

The orientation will set the stage for this course. You'll learn a little about the history of IIN and our approach to nutrition. You'll be introduced to the course structure and preview some of the course topics to come. You'll also meet your course guides and instructors as you prepare yourself for a truly transformational journey ahead.



MODULE 1

Transform Your Approach to Nutrition

Summary: In Module 1, you'll be introduced to IIN's signature approach to health and wellness and the core concepts that make it truly unique. You'll explore functional and integrative nutrition perspectives and see why they're important for supporting personalized nutrition and holistic well-being. You'll have your first experience with three essential tools for the course – the Circle of Life tool, Pillars of Nutrition tool, and Nutrition for Life Journal. By the end of this module, you'll have a solid foundation to work from so you can begin to build an eating approach that works for you.

Topics Covered

- IIN's Core Health and Nutrition Concepts
- Healthy Lifestyle
- Factors That Affect Food Choices
- Nutrition Strategies for Mind, Body, and Soul

MODULE 2

Nutrition Science 101

Summary: In Module 2, you'll explore foundations in nutrition science. You'll learn about macronutrients and understand how to choose quality sources of each. You'll see how the macronutrient composition of an eating approach can impact a healthy weight and blood sugar balance, and you'll dive into the importance of essential vitamins and minerals. You'll also explore nutrient digestion and absorption and strategies that support optimal digestion. By the end of this module, you'll understand how to use evidence-based nutrition information to guide your food choices.

Topics Covered

- Macronutrients (Carbohydrates, Protein, and Fat)
- Micronutrients (Vitamins and Minerals)
- Hydration
- Blood Sugar Balance
- Healthy Weight
- Insulin Resistance
- Nutrient Digestion and Absorption



MODULE 3

Food as Medicine

Summary: In Module 3, you'll see how nutrition can help support immunity and prevent and manage chronic health issues. You'll learn about phytonutrients and the science behind eating a variety of colorful plant-based foods. You'll review practical strategies for applying a food-as-medicine approach, including incorporating functional foods and anti-inflammatory herbs and spices. By the end of the module, you'll understand the key role food can play in optimizing your health.

Topics Covered

- Inflammation
- Nutrition and Chronic Disease
- Phytonutrients and Dietary Variety
- Holistic Immune Support
- Nutrient Density
- Functional Foods
- Health Benefits of Herbs and Spices

MODULE 4

A Personalized Approach to Eating

Summary: In Module 4, you'll take a deep dive into the power of personalized eating. You'll learn about the nutritional needs through different phases of life and explore how you can eat to support each stage. You'll review different eating approaches, including two popular yet contrasting options, and see how to customize any nutrition strategy. You'll look at how therapeutic nutrition can support your evolving health and learn how to choose the safest dietary supplements to further support your nutritional needs. By the end of this module, you'll be prepared to create a truly personalized approach to eating that works for you.

Topics Covered

- IIN's Approach to Personalized Eating
- The Science of Personalized Nutrition
- Nutrition Through the Life Cycle
- Adapting Popular Dietary Approaches
- Therapeutic Nutrition
- Targeted Dietary Supplement Support



MODULE 5

Nutrition for the Whole Self

Summary: In Module 5, you'll look at how you can customize your eating approach to support all dimensions of your health – physical, mental, emotional, and spiritual. You'll review how food can support the body's physical detoxification processes. You'll explore the connections between nutrition and brain health. You'll reflect on your relationship with food and how you might be able to improve it. You'll also explore how eating can be a spiritual practice. By the end of this module, you'll have a solid understanding of nutrition's role in holistic well-being.

Topics Covered

- Nutrition for Natural Detoxification
- Food to Support Mood
- Creating a Healthy Food Relationship
- Navigating Cravings
- Nutrition to Enhance Energetic Well-Being

MODULE 6

Cooking at Home

Summary: In Module 6, you'll start to put what you've learned into practice in your own kitchen! You'll see how home cooking can be a form of self-care, and you'll pick up some tips for successfully and confidently shopping for foods that support your needs. You'll learn to understand food labels to maximize the nutrient density of your eating approach. You'll also look at the benefits of eating seasonally and sustainably and learn how to adapt recipes to make them work for you. By the end of this module, you'll be ready to tackle the next steps of your nutrition journey as you move beyond the program.

Topics Covered

- Health Benefits of Home Cooking
- Shopping for Nutrient-Dense Foods
- Reading the Nutrition Facts Label
- Benefits of Seasonal and Local Food
- Sustainable Nutrition Practices
- Customizing Your Cooking

Reminder: You must pass the course test with a score of 70% or higher to earn your Nutrition for Life Certificate.



Content Library

Summary: In addition to the modules, you'll have access to a variety of supplemental materials to enhance your learning. The Content Library includes the Popular Eating Approach Collection as well as lectures and handouts on various aspects of nutrition and wellness.

Topics Covered

- Healthy Habits for Sleep and Rest
- Holistic Weight Loss
- Inviting Community into Your Life
- Physical Activity Guide
- Stress and Your Body
- Tips for Eating Well on a Budget



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